

January

Monday, January 1st Tuesday, January 2nd Wednesday, January 3rd Thursday, January 4th Friday, January 5th

center
closed for
new years
day

Rice Krispies, pears
Sn: Cucumber slices w/
ranch
(peeled for Tod's)
**Grilled Cheese sand, veg-
gie chili, pears**
Sn: Animal crackers, milk

Omelets, fruit mix
Sn: Rice cakes, juice
Veggie Cheese "burger"
mac, peas, fruit mix
Sn: Cheese Ritz bits, water

Waffles, peaches
Sn: Celery w/ soy butter
Tod: Veggie straws
**Veggie meatballs, mashed
potatoes, carrots, peaches**
Sn: Pretzels w/ ranch

**Oatmeal w/apples, butter
toast**
Sn: Cottage cheese, juice
**Pizza Pasta, salad w/
ranch, pineapple**
Sn: Trail mix



Warm up from the inside!

Soup and sandwich is a great choice for those cold winter months, but the soup isn't the only place to add those yummy veggies!

Try adding any of the following to a classic grilled cheese sandwich.

- * Tomato slices 
- * Chopped broccoli 
- * Spinach
- * Grilled zucchini

Monday, January 8th Tuesday, January 9th Wednesday, January 10th Thursday, January 11th Friday, January 12th

Kix cereal, pears
Sn: Raisins, goldfish
Tod: Goldfish, juice
**Veggie corn dogs, cooked
carrots, pears**
Sn: String cheese & tortilla
wrap

**Blueberry bread, mandarin
oranges**
Sn: Apple slices w/ string
cheese
**Soy butter sandwich, veg-
gie soup, mandarin oranges**
Sn: Veggie straws, juice

**Whole wheat french toast
stix, fruit mix**
Sn: Graham crackers, ap-
plesauce
avanti's day
Sn: Cheddar cheese cubes
& pita chips

**Egg and cheese casserole
peaches**
Sn: Bananas, cheerios
**Veggie chicken patty on
bun, tator tots, peas,
Peaches**
Sn: Grapes, yogurt
Tod: Fruit, yogurt

**Bagels w/ cream cheese,
pineapple**
Sn: Pretzel bites w/cheese
sauce
**Cheese Ravioli, Califor-
nia blend veggies, pine-
apple**
Sn: Nutrigrain Bars



Little Jewels is a
Peanut Free Zone

Happy New Years from your Little Jewels Family!

Vegetarian Menu

Monday, January 15th

Tuesday, January 16th

Wednesday, January 17th

Thursday, January 18th

Friday, January 19th

Crispix cereal, peaches

Sn: Orange slices, saltines

Tod: Mandarin oranges, saltines

Goulash w veg. beef, corn, peaches

Sn: Chips, salsa

Raspberry bread, fruit mix

Sn: Animal crackers, milk

Hummus sand, cheesy potato soup, cooked carrots, fruit mix

Sn: Apple crisp, water

Cinnamon toast, mandarin oranges

Sn: Gogurt, juice

Baked mac n cheese bites, green beans, mandarin oranges

Sn: 100 Calorie Oreo crisps, milk

Yogurt w/ rice krispies, applesauce

Sn: Carrots w/ ranch

Tod: Shredded carrots w/ ranch

Veg. chicken, peas, applesauce

Sn: Cheez-its, juice

Pancakes, pears

Sn: Pita chips, hummus

Pizza, salad w/ ranch, pears

Sn: Mandarin oranges, graham crackers

Monday, January 22nd

Tuesday, January 23rd

Wednesday, January 24th

Thursday, January 25th

Friday, January 26th

Life cereal, fruit mix

Sn: Cottage cheese, juice

Veggie chicken nuggets, corn, mashed potatoes, fruit mix

Sn: Apple cinnamon tortilla wrap

Cinnamon bread, pears

Sn: Applesauce, graham crackers

Grilled cheese sand, tomato soup, pears

Sn: Elf grahams, juice

Breakfast burrito, pineapple

Sn: Celery w/ ranch

Tod: Veggie straws

Italian noodles, broccoli w/ cheese, pineapple

Sn: Club crackers, cheese

Hash brown casserole, peaches

Sn: Apple slices w/ soy butter

Fettuccini alfredo, peas, peaches

Sn: Peach crisp, water

Whole wheat French toast stix, mandarin oranges

Sn: Cheese Ritz bits, juice

Scrambled eggs, toast, hash brown, mandarin oranges

Sn: Trail mix

Monday, January 29th

Tuesday, January 30th

Wednesday, January 31st

Cinnamon Chex, applesauce

Sn: Raisins, goldfish

Tod: Goldfish, juice

Veggie burger, peas, applesauce

Sn: Nutrigrain bars

Pumpkin bread, fruit mix

Sn: Chex mix, juice

Spaghetti w/ veggie meat sauce, salad w/ranch, fruit mix

Sn: Bananas, cheerios

Cinnamon rolls, pears

Sn: Orange slices, saltines

Tod: Mandarin oranges, saltines

Black bean salad, mashed potatoes, green beans, pears

Sn: Popcorn, juice



New Year's Resolutions from the Pre-K Kids!

To be a ballerina- Atley

To be really good at ice skating. -Kylee

To spend more time with my Mom.-Alaina

For a butterfly to land on my finger because it's good luck.-Justin

I want to be a better friend. -Emerson

I want to learn more sight words before kindergarten. -Khloe B

Just in case...

Snow Ice Cream

1 c of Milk (any kind)

1/3 c granulated sugar

1 tsp vanilla extract

1 pinch of salt

Stir all ingredients, except sprinkles together in a bowl. Add snow and mix until consistency is right.



Vegetarian Menu